Subject: Determine Nutritional Risk – Anthropometric

Effective Date: October 1, 2005   Revised from: October 1, 2004

Policy: Stature and a weight must be collected at every certification appointment for every category and documented in KWIC at the time of certification. Height/length and weight shall be measured not more than 60 days prior to certification. The applicant's WIC categorical status on the certification date must agree with the categorical status on the date of the medical data.

Reference: CFR §246.7

Procedure:

1. At each certification visit, the clinic staff shall collect the following anthropometric data:

    a. Stature, without shoes

        •   Self-declared birth length for all infants and children.

        •   A current, recumbent length for infants/children < 24 months of age.

        •   A current, standing height for women and children ≥ 36 months of age.

        •   If a child is between 24 and 36 months of age, either recumbent length or standing height can be measured. Consider each child's height, temperament, and ability to stand when determining which method to use.

    b. Weight

        •   Self-declared birth weight for all infants and children.

            •   The KWIC system will autocalculate the risk factor, *Very Low Birth Weight* for an infant or a child < 24 months of age, whose birth weight was ≤ 3 pounds 5 ounces.

            •   The KWIC system will autocalculate the risk factor, *Low Birth Weight* for an infant or a child < 24 months of age, whose birth weight was between 3 pounds 6 ounces and 5 pounds 8 ounces.

        •   Self-declared pre-pregnancy weight for all women.

        •   Self-declared total prenatal weight gain for all breastfeeding and postpartum women.

        •   Current weight.

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- If a recumbent length is measured, the client should be weighed either nude or in a dry diaper.

- If standing height is measured, the client should be weighed in light clothing without shoes.

2. Document the data in KWIC on the measures tab.

3. An authorized health professional must collect or supervise the collection of medical data.

4. When a WIC staff member, who is not a Competent Professional Authority (CPA) is trained to collect the anthropometric data, supervision by the authorized health professional must be onsite.

5. Medical data may be collected at the WIC site or obtained from health care providers outside the WIC agency. If another health care provider provides the medical data, document the source in the note field next to the provided medical data.

6. For detailed instructions on collection techniques and assessment, refer to the Anthropometric Assessment Training Manual.

7. For infants and children, review measurements on the appropriate graph in KWIC. Sequential measurements plotted over time are more important than a single measurement, because they provide an indication of the growth rate. Most healthy children will maintain a steady growth rate that runs parallel to one of the percentile lines. Children whose percentiles change are more likely to have a problem.

   a. If a recumbent length was measured

   - Review Length/Age graph.

     - The KWIC system will autocalculate the risk factor*, Short Stature, recumbent* if length/age is ≤ 5%. The calculation will be based on adjusted gestational age for premature infants and children. Premature infants who have not reached the equivalent age of 40 weeks gestation will not be assigned this risk factor.

     - The KWIC system will autocalculate the risk factor*, At Risk of Short Stature, recumbent* if length/age is between 6% and 10%. The calculation will be based on adjusted gestational age for premature infants and children. Premature infants who have not reached the equivalent age of 40 weeks gestation will not be assigned this risk factor.

   - Review Weight/Length graph.

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- The KWIC system will autocalculate the risk factor *Underweight, weight/length* if weight/length is ≤ 5%.

- The KWIC system will autocalculate the risk factor *At Risk of Becoming Underweight, weight/length* if weight/length is between 6% and 10%. If weight/length is ≤ the 10th percentile, refer to Underweight in Children Nutrition Management Guideline.

- The KWIC system will autocalculate the risk factor *Overweight, weight/length* if the child is between 24 - 36 months of age and the weight/length is ≥ 95%. If weight/length is ≥ the 95th percentile, refer to Overweight (Obesity) in Children Nutrition Management Guideline.

b. If a standing height was measured.

- Review height for age graph.

  - The KWIC system will autocalculate the risk factor *Short Stature, standing height* if the height/age is ≤ 5%.

  - The KWIC system will autocalculate the risk factor *At Risk of Short Stature, standing height* if the height/age is between 6% and 10%.

- Review Body Mass Index (BMI) for age graph.

  - The KWIC system will autocalculate the risk factor *Underweight, BMI/Age* if the BMI for Age is ≤ 5%.

  - The KWIC system will autocalculate the risk factor *At Risk of Becoming Underweight, BMI/Age* if the BMI for Age is between 6% and 10%. If BMI for age is less than the 10th percentile, refer to Underweight in Children Nutrition Management Guideline.

  - The KWIC system will autocalculate the risk factor *Overweight, BMI/Age* if the BMI for Age is ≥ 95%. If BMI for age is greater than the 95th percentile refer, to Overweight (Obesity) in Children Nutrition Management Guideline.

  - The KWIC system will autocalculate the risk factor *At Risk of Becoming Overweight* if the BMI for Age is between the 85th and < the 95th percentile.

8. For pregnant women

   a. Assess pre-pregnancy BMI.

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- The KWIC system will autocalculate the risk factor *Underweight* if pre-pregnancy BMI is <19.8.

- The KWIC system will autocalculate the risk factor *Overweight* if pre-pregnancy BMI ≥ 26.1.

b. Review Prenatal Weight Gain.

- The KWIC system will autocalculate the risk factor *Maternal Weight Loss During Pregnancy, 1st Trimester* if there is any weight loss below prepregnancy weight during the 1st trimester.

- The KWIC system will autocalculate the risk factor *Maternal Weight Loss During Pregnancy, 2nd or 3rd Trimester* if there is any weight loss of 2 pounds in the 2nd or 3rd trimesters.

- The KWIC system will autocalculate the risk factor *Low Maternal Weight Gain* if there is a weight gain at any point in pregnancy, which plots beneath the bottom line of the appropriate weight gain range for her respective prepregnancy weight category.

Pre-pregnancy weight group	Definition	Recommended Total Weight Gain For Pregnancy
Normal weight	BMI 19.8 – 26.0	25 - 35 pounds
Overweight	BMI 26.1 – 29.0	15 - 25 pounds
Obese	BMI > 29.1	< 15 pounds

9. For breastfeeding and postpartum women

a. Assess pre-pregnancy BMI. The KWIC system will autocalculate the risk factor *Overweight, less than 6 months postpartum* if women is < 6 months postpartum and the pre-pregnancy BMI is ≥ 25.

b. Assess current BMI.

- The KWIC system will autocalculate the risk factor *Underweight* if the current BMI is <18.5.

- The KWIC system will autocalculate the risk factor *Overweight, greater than or equal to six months postpartum* if the women is ≥ 6 months postpartum and the current BMI is ≥ 25.

10. Review normal or abnormal anthropometric findings with the client or caregiver.